



Therapists



Julie M. Ziff, LCSW, is a PA Licensed Clinical Social Worker with 25 years of experience as a family and play therapist. Julie specializes in the assessment and treatment of early childhood disorders and challenges.



Leah Murphy, Psy.D., is a PA Licensed Psychologist with 17 years experience working with children and teens across a range of issues and behavioral problem including treatment of ADHD, eating disorders and OCD. Dr. Murphy provides specialized children's groups for childhood anxiety and social skills.



Katherine Lloyd, MA, LPC is a Licensed Professional Counselor with more than 5 years experience working with adolescents, young adults, and their families, while incorporating cognitive behavioral, mindfulness, and family systems approach to treatment.



Since 1994

The Center for Psychology & Counseling has continued to provide a comprehensive range of psychological services for children, adolescents, adults and families for over two decades.

Our highly regarded clinicians continue to build upon our outstanding reputation by continuously striving to exceed your expectations. Our effective and evidence-based treatment modalities are always delivered in a confidential and respectful manner.

CPC is committed to upholding the highest professional and ethical standards to ensure each individual or family receives the only the best quality care.

The Center for Psychology & Counseling

1960 South Easton Road
Doylestown, Pa 18901

(215) 348-3300

www.psychologyandcounseling.com

THERAPY GROUPS



*Children
Adolescents
Parents*



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Children's Groups

Social Skills for Success

For children ages 5-14

Social skills are one of the most important components of a happy and successful life. Some children need extra help to learn how to master the skills that lay the foundation for building friendships and social success. Groups provide:

- **Fun and enjoyable** activities designed to build positive peer relationship skills
- **Small group** size.
- **Individualized goals** tailored to your child's needs
- **Parent and School** component to reinforce learning & generalize skills to other settings
- **Skills** such as conflict resolution, negotiation, anger control, assertiveness and self-esteem

Children of Divorce and Separation

For children ages 5-14

Parental separation and divorce is a most difficult transitional period for children and families, and brings on feelings that are confusing, painful and overwhelming. In this program, children learn to:

- **Identify feelings** and express themselves appropriately
- **Cope** with common problems associated with Separation and Divorce
- **Communicate** more openly with parents
- **Gain support** from peers with whom they can identify and share

Children's Groups

Child Anxiety Treatment

For children ages 5-14 (& their parents)

Childhood anxiety is the hidden epidemic undermining the quality of life, and personal and academic success of so many children. Skill mastery to manage this problem is critical to live a satisfying life. Your child (and you) will learn:

- **Triggers** and sources of anxiety
- **Skills** to effectively manage anxiety and stress- relaxation, stress reduction skills
- **Coping Plans** and practice activities
- **Parent:** Understanding childhood anxiety
- **How to help** their child manage anxiety successfully, and to maintain gains

(Groups based on Coping Cat™ Anxiety Treatment Model. Evidence-based & proven effective, by renowned Child Anxiety expert Philip Kendall, Ph.D. of Temple University.)



**Call 215-348-3300
for more information.**

Adolescent's Groups

Coping with Stress, Anxiety and Achievement

Confidence, Motivation, and Empowerment

Open Process Group

**Each group for adolescents ages 14-18*

Adolescence is a time of challenge, change and growth. Today's teens are busier than ever trying to keep up with the expectations and demands placed upon them, whether it's academic, social, sports, activities, work, or family.

Social Media has made all of these things ever more challenging, often leading to feelings of stress, anxiety, depression and alienation. Joining a group can provide your teen with a safe and supportive place to learn effective coping strategies and tools, navigate through personal and interpersonal issues and foster greater confidence and independence.

Parent's Groups

Positive Parenting Approaches

Elementary, Middle, & High-school

Effective Parenting Skills can be quickly learned and implemented. Not to be underestimated, their importance is fundamental to harmony in the home and happy and well-adjusted children. Weekly Parenting groups offer:

- **Strategies** to improve parent-child communication and relationships
- **Understanding** important underlying issues with regard to child development
- **Effective** limit-setting and child discipline
- **Resolving** sibling challenges